What is claimed is:

1. A method of directing the expansion of an expandable structure within a bone, comprising the steps of

introducing an expandable structure into the bone;

introducing a substantially rigid surface into the bone at a location adjacent the expandable structure;

expanding the expandable structure within the bone.

2. The method of claim 1 wherein during the expanding step the expandable structure creates a cavity within the bone.

3. The method of claim 1, wherein during the expanding step the expandable structure compress at least a portion of a cancellous bone within the bone.

4. The method of claim 1, wherein during the expansion step the expandable structure displaces at least a portion of a cortical bone within the bone.

5. The method of claim 1, wherein the expandable structure is introduced before the substantially rigid surface is introduced.

6. The method of claim 1, wherein a pliable surface is positioned between the substantially rigid surface and the expandable structure.

7. The method of claim 1, wherein the expandable structure directly contacts the substantially rigid surface during the expansion step.

8. The method of claim 1, wherein the substantially rigid surface resists displacement during the expansion step.

9. The method of claim 1, wherein the substantially rigid surface comprises a platform.

10. The method of claim 1, wherein the substantially rigid surface is attached to the expandable structure.

11. The method of claim 1, further comprising the steps of

contracting the expandable structure and removing the structure from the bone, and

introducing a filler material into the cavity.

12. The method of claim 11, wherein the filler material comprises bone cement.

13. The method of claim 1, wherein the substantially rigid surface comprises stainless steel.

14. The method of claim 1, wherein the substantially rigid surface extends along substantially the entire length of the expandable structure.

15. A method of treating a weakened, fractured or diseased bone, the method comprising:

introducing an insertion device through a cortical bone region and into a cancellous bone region of the bone;

positioning the insertion device such that a platform extending from a distal end of the insertion device is positioned between an expandable device and a portion of the cancellous bone region;

expanding the expandable device and creating a cavity within the bone.

16. The method of claim 15, further comprising filling the cavity with a bone filler.

17. The method of claim 15, wherein the expandable structure is introduced into the cancellous bone region through a lumen in the insertion device.

18. The method of claim 16, wherein the bone filler comprises bone cement.

19. A device for directing the expansion of an expandable structure, the device comprising:

a member having a proximal and a distal end and a lumen extending therethrough;

a platform extending adjacent the distal end.

20. The device of claim 19 wherein the platform comprises stainless steel.

21. The device of claim 19, further comprising an expandable structure substantially secured to the member, the expandable structure located substantially within the lumen.